

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
23 December 2004 (23.12.2004)

PCT

(10) International Publication Number
WO 2004/110563 A1

(51) International Patent Classification⁷: A63B 21/00.
22/00, 23/00

(21) International Application Number:
PCT/SE2004/000948

(22) International Filing Date: 16 June 2004 (16.06.2004)

(25) Filing Language: Swedish

(26) Publication Language: English

(30) Priority Data:
0301805-8 19 June 2003 (19.06.2003) SE
PCT/SE04/000033 14 January 2004 (14.01.2004) SE

(71) Applicant and

(72) Inventor: HAGEBERG, Thorleif [SE/SE]; Brogatan 12,
S-330 33 Hillerstorp (SE).

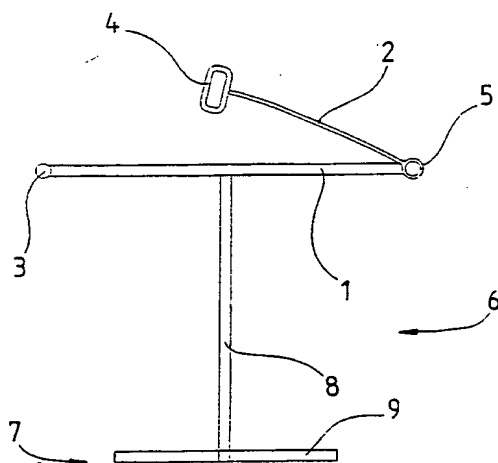
(74) Agents: WALLENGREN, Yngvar et al.; Patentbyrå Y
Wallengren AB, Box 116, S-331 21 Värnamo (SE).

(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,
AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN,
CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI,
GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE,
KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD,
MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG,
PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM,
TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM,
ZW.

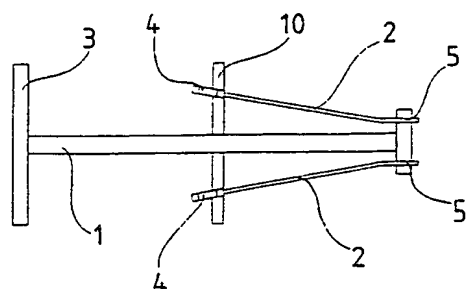
(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM,
ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),
European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI,
FR, GB, GR, HU, IE, IT, LU, MC, NL, PL, PT, RO, SE, SI,
SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ,
GW, ML, MR, NE, SN, TD, TG).

[Continued on next page]

(54) Title: EXERCISE APPARATUS



(57) Abstract: An apparatus for slot-in exercise or for warming-up be-
fore exercising sports or games includes a resistance device (2) with a
handle (4). The resistance device exercises resistance to a movement
which occurs when the user pulls the handle (4). The resistance device
(2) is secured on one end of a spacer (1), and an abutment (3) is se-
cured on the other end of the spacer (1). The length and angle of the
spacer may be adjusted to meet the user's needs. The abutment (3) is in
contact with the user during exercise and transfers a part of the reaction
forces from the resistance device (2) to the spacer (1). The abutment (3)
is connected to sensors for sensing different exercise parameters which
are then stored in a computer. The spacer (1) is supported by or in-
cluded in a support member (6) which may be an item of furniture or a
part thereof, but also a mobile unit, such as a golf cart, a cleaning trolley
or a golf bag.





Published:

— with international search report

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

BEST AVAILABLE COPY